

Keep It Simple Warm-up

COPPER KNOB
STEPPERS

拍数: 32

墙数: 1

级数: Beginner (Before Training. Warm-Up)



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音乐: Keep It Simple - James Barker Band

S1: STEP, ROCK, SHUFFLE, STEP, ROCK, SHUFFLE

1-2 RF Step Forward(1), LF Cross Behind(2)
3&4 RF Step Forward(3), LF Cross Behind(&), RF Step Forward(4)
5-6 LF Step Forward(5), RF Cross Behind(6)
7&8 LF Step Forward(7), RF Cross Behind(&), LF Step Forward(8)

S2: JAZZBOX, SHUFFLE, JAZZBOX SHUFFLE

1-2 RF Cross Over(1), LF Step Backwards(2)
3&4 RF Step R Side(3), LF Step Together(&), RF Step R Side(4)
5-6 LF Cross Over(5), RF Step Backwards(6)
7&8 LF Step L Side(7), RF Step Together(&), LF Step L Side(8)

S3: CROSS, TOUCH CROSS, TOUCH, BEHIND CROSS, TOUCH, BEHIND CROSS, TOUCH

1-2 RF Cross Over(1), LF Left Side Touch(2)
3-4 LF Cross Over(3), RF Right Side Touch(4)
5-6 RF Cross Behind(5), LF Left Side Touch(6)
7-8 LF Cross Behind(7), RF Right Side Touch(8)

S4: PIVOT 1/4 TURN L X2, PIVOT 1/2 TURN L, TOGETHER, CLAP X2

1-2 RF Step Forward(1), LF 1/4 Turn L(9:00)(2)
3-4 RF Step Forward(3), LF 1/4 Turn L(6:00)(4)
5-6 RF Step Forward(5), LF 1/2 Turn L(12:00)(6)
7&8 RF Step Together(7), Clap(&), Clap(8)
